

9.27 09/10/2006

amrit

1100 x gurmantar

jpjee in gurmukhi / (cd) 15 m

sohilaa in gurmukhi|Roman / (cd) 3 m

jaap in gurmuki|Roman

26 rip rock pose + neck up & down

26 rip rock pose + neck left & right

3 min / 108 rip life nerve wide apart

3 min / 108 rip static walking

3 min / 108 rip torso twist

3 min / 108 rip leg lift (leg only)

3 min Sat Kriya

adi mantar

3 min/ 108 rip cat cow

11 m silent relax

11 min / 26 rip yogic breath + paschimottasana

11 min / 26 rip mastering root lock #1 + vajrasana

11 min / 26 rip conflict resolver + paschimottasana

3 min / 11 rip caliber of life + vajrasana

11 min / 26 rip sitali pranayam + sarvangasana

11 min / 26 rip sodarshan + vajrasana(SUKHASANA)

bij mantar

daily

11 x jpjee |mool + 1|8|9|10|11|14|25|29|33| in gurmukhi

11 x jpjee |mool + 1|8|9|10|11|14|25|29|33| in italian

11 x ramkalee |7|

11 x jaap |199|

110 x mool mantar

110 x siri mantar (indra nitti)

110 x adeis tise adeis